



Probus Pratter

Port Hope and District Probus Club, since 1998

October 2016

Regular Meetings

Officers for 2016/2017

President	Betty DeLong
Vice President	Marguerite Doritty
Past President	Barbara Struthers
Secretary	Fiona Maarhuis Allan Butler
Membership	Dorothy Gilmer Doreen Rossi
Program	Jeanne Keiser Lois Hueston
Special Events	Joan McIntosh Shirley Robinson
Newsletter Chair	Murray Munro

October Greeters

October 4-Diane Conduit and Catherine Ramsey

October 18-Fred and Gloria Schumacher

Keith Pickett has regretfully advised us that Richard Honey, one of our Past Presidents who was a charter member of the club, has passed away. The funeral will be Monday October 3rd at 11 at St. John's.

The obituary can be viewed at

<http://allisonfuneralhome.com/tribute/details/1098/Richard-Honey/obituary.html#tribute-start>

The AGM and Lunch



Focussed Ultrasound Technology: New Technology That Steadies Tremors

(Kas Roussy/CBC)

At Sunnybrook Health Sciences Centre in Toronto, 76-year-old patient Noreen Smith, is clad in a blue hospital gown, her head shaved and a metallic headgear has been attached to her skull. She's ready to be wheeled into an MRI room, where she'll undergo a procedure her doctors believe will revolutionize the way brain diseases are treated.

Noreen Smith is among three per cent of the Canadian population who suffer from a nervous system disorder called "Essential Tremor which causes uncontrollable shaking, most often in the hands. "The first signs began in my right hand, when I was 33," she said from her home in Bobcaygeon, Ont.

She went to a specialist who delivered the diagnosis: Essential Tremor. Medication helped for the first few years but Smith's tremor was still severe, the shaking worsened with simple movements or everyday tasks like applying makeup or pouring a glass of water. The tremor won't shorten Smith's life, but it was definitely affecting her quality of life. She says, "We're invited out to dinner and I won't go because I'm embarrassed." The Smiths were elated when they heard Noreen was considered a solid candidate for a medical procedure called "MRI-guided focussed ultrasound." This new treatment approved last month by Health Canada.

"This is a game changer," says Sunnybrook Neurosurgeon Dr. Nir Lipsman. "It really changes the way we think about surgical treatments for tremors. No scalpel needed. No drill needed."

The treatment uses a non-invasive approach. The technology allows doctors to focus ultrasound waves through a patient's skull to reach an area deep in the brain called the thalamus. The sound waves destroy the cells that cause the tremor.

"What we're effectively doing is destroying those neurons with high frequency focussed ultrasound," says Lipsman. He is part of an international team that studied 76 patients with Essential Tremor in a clinical trial in 2013. After three months of treatment, patients who received focussed ultrasound saw their tremors reduced by 47%. After one year, it was a 40% reduction in tremors. That's compared to less than 1% improvement in those who received a placebo. Side-effects included gait disturbance and numbness that decreased over one year. Noreen Smith, is one of 40 patients in Canada to receive state-of-the-art focussed ultrasound technology to control her tremors. Doctors hope to apply the technology in the treatment of other diseases like Parkinson's and epilepsy.

Lying inside the MRI machine last week at Sunnybrook, Smith patiently endured the four-hour procedure. Like about 40 other patients before her, she remained awake and was closely monitored by a team of neurosurgeons and MRI technicians in a nearby room.

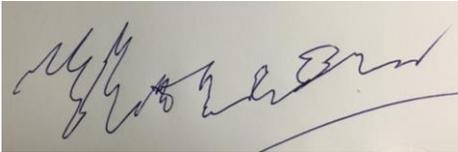
When it was over, when she walked out of the MRI room. Doctors removed the cumbersome helmet, she sat down and performed a few tests for Lipsman. "Are you able to touch your nose with your index finger?" he asked. She did, guiding a steady hand to the tip of her nose.

"Couldn't do that before," she said. She was handed a glass of water. She drank it, without a drop falling. She beamed with satisfaction. "This is amazing." Finally, she was asked to write her name, a task that has been impossible for decades. Her penmanship was flawless.

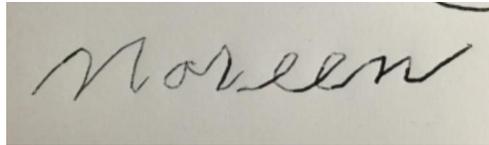
"Just being able to hold my hand like that - it's miraculous." For good measure, she rose from her wheelchair and performed an Irish jig.

For Smith, her objectives are less grandiose - a return to her passions of gardening and art. "I will be able to sign my husband's card for our 50th wedding anniversary!"

For more information, please go to: <http://www.cbc.ca/news/health/essential-tremor-health-surgery-clinical-trial-brain-disease-1.3732875>



Noreen's signature before treatment



Noreen's treatment after treatment

Kelly Kay's Presentation About The Seniors Care Network

What will you do when your friends, spouse, parent or neighbour

- Start acting confused?
- Lose the ability to follow the rules of a game?
- Moves slower than usual?
- Drive while posing a potential risk to self or others?

On September 5th we had the opportunity to hear from Kelly Kay who introduced the Seniors Care Network, and shared the wide range of services offered.

The Seniors Care Network was formed to improve the organization, coordination and governance of specialist services for seniors whose health concerns threaten their independence and function. Patients and families have access to Specialized Geriatric Services (SGS) delivered through collaborative partnerships. Patients partner with SGS providers to develop their care goals. SGS services reduce the burden of disability for frail seniors.

The Seniors Care Network has programs and people with the knowledge and tools to deliver high quality care. They proactively partner with others to advocate on behalf of frail seniors, engaging the community to prepare and respond to age related needs.

- Behavioural Supports Ontario (BSO) provides trained health professionals and programming to help older people with challenging behaviours resulting from complex mental health, addictions, dementia and other neurodegenerative issues.
- Geriatric Assessment and Intervention Network (GAINS) provides comprehensive assessments to create care plans for seniors and families to optimize function and independence and keep older people living at home.
- Geriatric Emergency Management (GEM) provides nurses working in the emergency department who conduct assessments and provide support to older people experiencing acute health concerns, with a focus on trying to reduce unnecessary hospital admissions.

- Seniors Friendly Care (SFC) is led by representatives from all area hospitals to promote and provide strategic directions and leadership for SFC within the Central East LHIN. The mandate will evolve to include non-acute care organizations.



Needs Assessment Highlights

- The population of frail seniors is expected to grow by 27% over the next ten years
- 9% of frail seniors reside in long term care facilities
- Roughly half of all frail seniors in the community had no contact with either hospitals or home care within the previous twelve months
- Rural seniors are 9% less likely to be admitted to long term care facilities
- Low income seniors are 9% more likely to be admitted to long term care facilities
- Seniors with potentially avoidable hospitalizations accounts for 56% of total hospitalization costs, in the “high use cohort” \$158 million.

Current Focus of Specialized Geriatrics:

- Specialized, comprehensive assessments, getting to the bottom of problems
- Care plan development and implementation
- Care coordination for the most frail members of our population
- Capacity building of health care professionals to deliver expert services
- Early identification of individuals needing greater support
- Capacity building for providers and family caregivers



For additional information please contact:

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